

10 TIPS

for

Better Stress Management

- 1 Remind yourself that in every situation, you have choices.
- 2 Schedule sleep! Power naps can increase personal well-being.
- 3 Talk to one or two people who care about you.
- 4 Eat a well-balanced diet. Include adequate amounts of protein, fruits, and vegetables.
- 5 Make time to be alone every day.
- 6 Exercise for 20–30 minutes, three times a week, to break the stress cycle.
- 7 Use cigarettes, alcohol, and caffeine sparingly, if at all. Don't let them use you.
- 8 Write things down rather than relying on your memory—when to pick up laundry, when library books are due, etc.
- 9 Plan ahead by keeping the gas tanks and refrigerator half full. Carry a spare car key.
- 10 Say “no” when you don't have the time or energy for something.



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